

# Low FODMAP Classic Beef Burger

Serves: 8

Prep: 15 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Lean beef mince	500 g	17.6 oz
1 egg	58 g	2 oz
1 tbsp olive oil	18 g	0.6 oz
½ cup spring onion, top only, finely chopped	8 g	0.3 oz
¼ cup of fresh continental parsley, finely chopped	4 g	0.1 oz
¼ cup of fresh coriander, finely chopped	4 g	0.1 oz
2 tbsp chives	8 g	
1 medium-sized carrot, grated	75 g	2.6 oz
2 medium-sized button mushrooms*, finely chopped	40 g	1.4 oz
Cracked pepper		
Bread / roll / bun of your choice*		
Fresh tomato / lettuce / cucumber		
Hard cheese – cheddar / tasty / haloumi		
Tomato sauce / BBQ sauce / lemon juice		

## Method

1. Combine beef, egg, olive oil, selected vegetables, herbs and spices into a large bowl and mix together. Divide mixture into 6-8 portions and roll into balls.
2. Spray or drizzle olive oil into a pan or on a BBQ plate. Heat oiled pan/BBQ plate first before placing burgers.
3. Cook burgers on a medium heat for ~3 minutes each side or until cooked through.
4. Add fresh salad vegetables, cheese and condiments of your choice, as toppings to the cooked burger and bun.

## Hints

\* Mushrooms are high in FODMAPs, but have been included in this recipe to give an example of how to introduce small amounts of high FODMAP foods during the rechallenge phase of the low FODMAP diet.

- Adding a little bit of chopped vegetables like mushroom, carrots and/or zucchini adds moisture, colour and helps to increase vegetable intake for kids and adults alike
- For a crispy bun, cut in half and chargrill the top side, or both sides -try the Monash FODMAP Certified Bakers Delight OR Schar buns
- For melted cheese, top the inside of the bun with your choice of cheese and place under the grill. Haloumi can be cooked on its own in the pan or BBQ plate
- Use your choice of herbs and spices e.g. cumin, mint
- Use other vegetables in the burger mixture e.g. finely chopped zucchini
- Add a small amount of the white spring onion or more mushroom, if re-introducing high FODMAP foods back into your diet
- Whether you are serving burgers for the family, in a social setting, or at a BBQ, place all salad vegetables, cheese and condiments in the middle of the table, and everyone can add what they like to their burger
- Include a variety of gluten-free, wholemeal, sourdough spelt breads/rolls in the middle of the table

## Nutrition Information (per serve)

<b>Energy</b>	1596 Kj / 381 cal
<b>Protein</b>	31.90g
<b>Carbohydrates</b>	29.40g
<b>Sugar</b>	3.40g
<b>Total Fat</b>	14.30g
<b>Saturated Fat</b>	4.20g
<b>Fibre</b>	2.60g